

09

# SEPTEMBER

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 4p-6p NL Lessons	4 4:30-6 Soccer/Lessons	5 4p-6p NL Lessons	6 5:30-7:30 Cubs	7
8	9 5p-6p Team Workout	10 4p-6p NL Lessons	11 4:30-6 Soccer/Lessons	12 4p-6p NL Lessons	13 5:30-7:30 Cubs	14
15	16 5p-6p Team Workout	17 4p-6p NL Lessons	18 4:30-6 Soccer/Lessons	19 4p-6p NL Lessons	20 5:30-7:30 Cubs	21
22	23 5p-6p Team Workout	24 4p-6p NL Lessons	25	26 4p-6p NL Lessons	27 5:30-7:30 Cubs	28
29	30 5p-6p Team Workout	1 4p-6p NL Lessons	2	3	4	5
6	7	8	9	10	11	12

Monthly Planner

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PERSONAL TRAINING AND WELLNESS